

# John Keble Church of England Primary School



## Healthy Eating and Packed Lunch Policy

Chair of Governors	Fr Andrew Teather
Head teacher	Catherine Allard
Date	May 2018
Review date	May 2021

## **Aim**

At John Keble CE Primary School we aim to ensure that all children who bring a lunch from home, or any food consumed in school or on school trips, is healthy and meets national standards. We want the very best lifetime opportunities for our children and healthy food is one way of giving them the best start. Eating healthily is important because it helps children to be fitter and healthier now and later in life; it also helps them learn more effectively and manage their feelings and behavior more successfully.

John Keble achieved Healthy School status in 2011 and we are committed to working in partnership with pupils and parents to ensure food consumed on school premises, or on a school trip, complies with government nutritional guidelines. These emphasise less sugar, less fat and salt and more fresh fruit and vegetables. A healthy packed lunch should contain a good balance of carbohydrates, dairy and protein foods. It should provide the same nutritional value as a cooked meal.

This policy has been drawn up using a range of national documents including information from the Children's Food Trust. See [www.childrensfoodtrust.org.uk](http://www.childrensfoodtrust.org.uk) for further information.

## **Where, when and to whom the policy applies**

The policy applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during normal school hours.

School will:

- Provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is available.
- Provide attractive and appropriate dining room arrangements.
- Allow children eating packed lunch or school meals, whenever possible, to sit together.
- Ensure children must only eat their own food and not other children's.

Parents must:

- Provide children with a suitable container which they can eat the lunch from (rather than need to take food out and place it straight onto the table). A plastic box with a removable lid is ideal.
- Provide a healthy lunch according to the guidelines below.

Packed lunches should include:

- At least one portion of fruit or vegetables
- Meat, fish or other source of non-dairy protein (e.g. lentils, beans, soya or hummus) every day (usually as part of a sandwich, roll or salad)
- A starchy food such as bread, pasta, rice, noodles, potatoes or other type of cereals
- Dairy food such as milk, cheese, yoghurt
- Cereal bars rather than cakes and biscuits
- Possibly a snack such as pretzels, seeds, fruit, crackers and cheese, and vegetable or bread sticks with a dip.

### Packed lunches must NOT include:

- Fast food such as burgers, chips, fried chicken or take-away food
- Crisps
- Confectionery such as chocolate bars, chocolate biscuits and sweets.
- Cakes or biscuits
- Fizzy drinks
- Nut or nut products because of the danger to other children with allergies

### Special diets

The school also recognises that some pupils may have verified medical conditions requiring special diets that do not allow for the food standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

### **Snacks**

KS2 children are encouraged to have a healthy snack at playtime. For some children it is a long time between breakfast and lunch and feeling hungry can be a distraction from learning.

Parents/carers may provide any of the following as a snack:

- Fresh fruit
- Dried fruit—raisins, sultanas, dates
- Fresh vegetables – carrots, cucumber

In line with the foods that are not allowed (listed above), children are **NOT** allowed to bring:

- Crisps
- Sweets
- Chocolate
- Cakes or biscuits
- Fizzy drinks
- Nuts or nut products

### **Breakfast club**

We run a breakfast club daily from 8am and the range of healthy breakfasts available includes:

- Cereal
- Toast with butter or jam
- Selection of fresh fruit
- Milk or water

Children are not allowed to bring their own food to eat at breakfast club.

The price of breakfast is kept as low as possible and is provided for free to all children who are entitled to free school lunches.

### **Monitoring**

Packed lunches and snacks are monitored on a daily basis by lunchtime staff as part of their supervision of the children. Parents and pupils who do not adhere to the Healthy Packed Lunch Policy will receive a letter or leaflet in the child's lunch box reminding them of the policy. If a child regularly brings a packed lunch that does not conform to policy, the school will contact the parents to discuss this.

**Involvement of parents/carers**

We encourage as many children as possible to have a cooked lunch at midday provided by the school. All school lunches are high quality, well-balanced and tasty and adhere to nutritional guidelines set by the government. The menu is varied over a three-week period and takes into account pupil preferences as recorded by the School Council. Lunch menus are displayed outside the school kitchen. They are also available on the school website.

The price of a school meal is kept as low as possible. Parents/carers are encouraged to take up any free school meal entitlement and support can be given with form-filling, if this is needed. Please contact the school office if you have any queries.

Parents/carers of pupils wishing to have packed lunches for a particular reason are expected to provide their children with a packed lunch that conforms to the school's policy.

**Involvement of pupils**

School lunch menus are a regular item on the School Council agenda. Pupils across the school are encouraged to give their food preferences and these are reported back to the Head teacher and catering staff.

**John Keble Church of England Primary School**

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Date

Dear Parents/Carers,

**Re: Packed Lunch Policy – Healthy Eating**

This is to remind you of our healthy eating policy for children who bring a packed lunch. Our aim is to work with parents/carers to provide the best possible lifetime opportunities for our children and healthy food is one way of giving them the best start.

Some (not all) of the following would make a healthy packed lunch:

- A sandwich or rice/noodles/potatoes
- A salad
- A piece of fruit
- A yoghurt
- A drink – water, fruit juice, milk or smoothie
- A cereal bar
- Pretzels, seeds, crackers and cheese, vegetable or bread sticks with a dip.

Packed lunches should **NOT** include sweets, crisps, chocolate, chocolate biscuits or fizzy drinks.

Please do not include nuts or nut products because of the danger to other children with allergies.

If children bring these into school, they will be taken away and returned at the end of the day.

Thank you for your cooperation.

Yours sincerely,

Mrs C Allard  
Head Teacher